

# The GLOBE

The City Is Our Campus

NOV.19, 1971

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AT TERAULAY THE EMPHASIS IS NOT ONLY ON TRAINING BUT ALSO ON RELAXATION AND EDUCATION, HERE STUDENTS DANCE DURING THE WEDNESDAY LEISURE BREAK PERIOD.

# denticare from kindergarten

A denticare program will be started in Ontario kindergartens within two years, Health Minister Bert Lawrence said rece-

Bert Lawrence said recently.
The program will be expanded gradually until it eventually encompasses all grades.
"We know what we want to do. It's a matter of money," the minister explained. "Unless the economy is in worse shape than it is now, we should than it is now, we should be into it in a year or two. If we have a depre-ssion it could be 10

By starting with the junior grades, the pro-vince will stave off the high costs which will be encountered in later years when denticare cov-ers teen-agers requiring.

orthodontic care.

The minister said rather ruefully, that he now spends about \$2,000 a year on orthodontic treatment for his child-

ren. The minister's statement followed the release of a survey by University of Toronto dental students which indicated that 81% which indicated that 81% of Ontario dentists favor a dental care program that would paralles or be part of the provincial medicare program.

The survey also showed that 91.7% of people questioned were in favor of a denticare scheme, if cost was not a factor.

This percentage, however dropped to 43.28 when a monthly premium of \$10 to \$12 was suggested. More than half the people in the public survey-53.18-said they would take a denticare program if their employ er offered them a choice between a paid scheme a er offered them a cholor between a paid scheme a and a raise. Asked whether they would go to the dentist more often if they had a denticare program, 64.3% said they would not.

# Any Doctor Can!

A woman patient at a Canadian clinic lost her uterus instead of her teeth after an identity mixup.

mixup.

The woman appeared at the clinic for a tooth extraction under a gener al anesthesia. She was

al anesthesia. She was taken by mistake to a gyn-ecologist who examined her After signing a "consent for unstated sur-gery" her uterus, instead of her teeth was removed. "Later, the teeth were extracted."

Although later told she did in fact require sur-gery of this nature, she gery of this nature, sued and a settlement was

e. In a section entitled Wrong Patient-Wrong Part the 70th annual report of the Canadian Medical Pro-tective Association warns such mistakes "continue to be a source of concern for your association."

# MAIL

our Christmas Mail Is in danger - because on Thursday November 11, 1971 the Postal Union of Canada struck the post offices of 5t. Catherines-Hamilton. St. Catherines-Hamilton. It was reported that Burlington would strike in sympathy. On the 12th of November it was reported that Toronto would walk out in sympathy also, but later that report was denied by the President of ied by the President of the Toronto Letter Carriers

Union. The heart Carrier Carrier Union.

The moint has not kept their parent regarding "call-backs" among other things. "Call-backs" appear to be the main issue however.

The union says it has been talking with the company (the post office) for about 11 months now and just recently the matter was adjuticated on, and the adjuticator Prof. McArthur ways the govern-

and the adjudicator Prof.
McArthur ways the government is at fault.
The Post Office is supthe Post Office is the Post
office stated, by a telphone intrakt the letter phone interview with our reporter, that the letter carriers union would not be walking out at this time but would most definitely resort to "other measures" as deemed necessary.

By the way postal rates are going up December 30th with the introduction of a new eight cent stamp. The new stamp shows the Library of Parliament behind the Portrait of the

Speaking of the Queen's portrait, we notice this letter in the Globe and Mail"

"A new Canadian \$10 bill, with no picture of the Queen to represent Britains hold over Canada. Britains hold over the saide; didn't he introduce the tariff law in 1879 intended to lure United States direct investment? My god, the other side is a picture of a petro-chemical complex and industry that is about 90 per cent U.S.-owned! Maybe I had better check on where Canadian money is where Canadian money is printed.

Metro's population has grown to 2,609,638, a 16 per cent increase over 1966 census, according to preliminary population figures in their Statistics Canada

report.
This puts Toronto within 110,000 of Montreal, still the largest metropolitan area in Canada

The aims and objectives of the Black Students Union drawn up and agreed upon by members of the B.S.U. are

(1) to foster and maintain a better relationship am-ong all Black students of George Brown College.

to strive to provide academic and other forms of assistance to Black students who are in need

# TURNER STUDENTS ACTIVITIES DIRECTOR

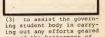
With effect from Dec-ember 15th, Jim Turner will assume the respon-sibilities presently discharged by Byron Brown in addition to administ-ering College Street Campus. The principalship of Bloor street will be redesignated as the Dir-ector of Student Serector of Student Services.



Mr. Turner joined George Brown College on September 1, 1969 as the Business and Commerce Division. In May 1970 he was transferred to the College Street campus and appointed Principal in June. This responsibility he will continue to carry out on an interim basis along with his new duties.

Mr. Turner is very much involved on a volunteer basis with the various associations for the ret-arded in this province. At the present time he is Director of the Ontas Director of the Ont-ario Association for the Mentally Retarded, Chair-man of a Provincial Com-mittee on Educational Affairs, Vice-President of the Metropolitan Assoc and a member of the Advisory Committee on Trainable Retarded to the Metropolitan Tor-

The lease on 33 Bloor Street expires on July 31, 1972. The Counselling Centre func-tions will be distri-buted through the other campuses.



110 BLOOR W - ONE FLIGHT HIGH

LOWER THAN YONGE ST. PRICES
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. OTHER GROOVY ROUND THINGS

ing student body incomping out my efforts gared
to the betterment of
all students.

(4) to stimulate a greater Black cultural awareness
among all Black students.
(5) to keep the members
of the B.S.U. and the entire Black student body upto-date on events affecting Black people all over to-date on events affecting Black people all over the world.
(6) to identify and work with other Black organizations in Toronto.

Based on the above aims and objectives, the B.S.U. has been organizing for the past three wednesdays a series of educational and cultural forums of particular interest to

cont'd on page 6

# **BROWN** RETIRES

Byron Brown has reached retirement age and after 45 ½ years of excellent service to the Toronto Borad and to the College will be retiring at the end of January.

Byron Brown is a grad-

Byron Brown is a grad uate of the London Tea-chers' College and of the University of West-ern Ontario and holds a post-graduate degree in education from the Univ-ersity of Toronto, as well as an Ontario Spec-ialist Certificate in Gui-dance and an Ontario Sec-ondary School Principal's ondary School gualification.



His career spans a wide range of experience including some time as a rural educator before joining the Toronto Board.

When the former Adult Educational Counselling Centre was created, he succeeded our Vice-president Mr. Gordon Armstrong, ablishment. During the last two the formation of George Brown College he has served with distinction as principal at the as principal at the Bloor Campus in the heart of Toronto.

published by some people at George Brown College"

> c/o George Brown College Room 409 51 Teraulay Street Toronto 2, Ontario

> > 360-1554

FRITOR FEATURE EDITOR NEWS EDITOR ENTERTAINMENT EDITOR SECRETARY ADVERTISING

GEOFF STEAD WAYNE STEADMAN LLOYD BOWEN NANCY ARNOLD SUSAN CRAIG STUDENT ADVERTISING LIMITED 698-3770 surprised this body fell for the childish nonense that eminated from the Kensington Campus pay intervals. Reopening an issue that had already been closed by majority decision and reopening it because, like naughty children, one might have failed to do his homework is preposterous. The administration can justifiably be annoyed and, with equal

### ESSENTIAL 2

This paper is not es-sential. Like other extra sential Time other extra curricular activities it is not a part of any "Ed-ucation for Employment" program offered by George Brown College. Mind you, the effort required to get it out regularly week by week might just be a useful skill to take in-to the outside. The country of the country of the country of the are shorthanded, have problems, panies, of course; this is not unus-ual.

We are accused of giv We are accused of giv-ing overdue coverage to Teraulay Campus and we do wish to do better than this. But if we do not get contributions and in-volvement from other cam-puses then we just don't puses that we just don't puse that the puse of the bearing in mind the more bearing in mind the more of the college which ap-pears on our masthead and pears on our masthead and our desire to be some-thing of a community pa-per, there might just be something more important and interesting to write

Or, perhaps, instead of campus columns, we might encourage ethnic columns. This might be more in character for more in character for George Brown College and we already have a pre-cedent in our Chinese and Black contributors. We have had our first Arabic headline, yours truly might just start a WASP column with some-thing of an Irish flavor-tainly not essential ver-ted degree of support and involvement it receives at any particular campus is a measure of something of their campus morale,

of their campus morale, or their campus morale, enthusiasm or what have you. If support and in-volvement is low, it might be of interest and concern not simply to students, but to principals and chairmen and other members of the high priced help.

### **FACULTY FROLICS**

The list of faculty The list of faculty representatives who have been elected to the Executive Committee of the CSAO branch organization has been mailed to each faculty member of CSAO. Examining the list carefully there is a potential fully there is a potential for strife and disunity. It is to be hoped that individual members will be big enough to bury their big enough to bury their differences and remember they have accepted a mandate of service and not the opportunity to strut upon the stage and engage in fractionating vendettas. Turning our attention to faculty council we are

SUPER GROUP SOLIDARITY Not just cabinet soli-

annoyed and, with equal justification can consid-er faculty a collection of brainless idiots. And

Not just cabinet soli-darity but Supergroup soli-darity faces Pierre Elliott Trudeau with the leaking or disclosure of a very mature draft of the Gray Report on foreign control of our industries and or our industries and resources. No matter, More to the point, Canadi-an Forum is to be commendan Forum is to be commend ed for their illegal but responsible sense of duty in making this report available to the public before the federal authorities could sift it, at their leisure possibly, so that they might better please their U.S. masters.

## PERSONAL

Congratulations and best wishes to IRMY SCHRAMM of Bloor Campus on the occa-sion of her marriage to Douglas McGee, last Sat.

Marg Miller wishes to thank her friends at George Brown College for their thought-ful expressions of sympa-

## ARBITRATION

Mediation between the CSAO faculty bargaining unit and the government has broken down and a re has broken down and a request has gone forward from the CSAO to the Civil Service Arbitration Board for arbitration. The CSAO has appointed Prof. Steven Dupre as their nominee. A spokesman for the faculty bargaining committee claims the brazican and control of the properties of the the breakdown at mediation the breakdown at mediation was due to the government's failure to state their position. The government's side, though expressing willingness to negotiate at any time, have no other comment to make at this time.

The Globe

MAILBAG Dear Sir:

The Faculty Council blew it again' Not only did the deprive the students of one of their educational periods, they showed themselves up for what they really are, a what they really are, a minority group who try to play politics. They call meetings to discuss everything but what they have any right to-and then muff it with erroneous statements.

We can no longer af-ford the luxury of these people stumbling around in a forum to which they

in a forum to which they are but children.

The majority of the faculty is responsible and wants to talk about professional things, such as how to improve learning, both on the part of the student and his education sources.

tion source.
I appeal to all the I appeal to all the faculty to renounce this council if it continues to follow the course it is taking at present, they must be made to attend to professional mat-

I will strenuously sup-port the association which advocates the policies that the majority of us hold dear.

Yours faithfully, C.J. Sullivan, Graphic Arts Instructor.

# A BROWN STUDY

John H. Chave

of brainless idiots. And faculty can only earn for themselves the laughter of students, especially those who relying mainly or entirely on training allowances and these number quite a few at George Brown College. Would you like a date? Here it is --1579.

"It seems to me (said she) that you are in some brown study."
This is a quotation from John Lyly, who, when the modern world was a teenager, attempted to reform and purify the English language, and to put a little color into it.

The phrase 'in a brown day', meaning deep in thought, is the title of our column. Because an obvious pun on George Brown raises its ugly head in the title, you may rightfully conclude that we're not planning to take ourselves too seriously. All of us, no matter what our course, are first of all students of modern meaningful communication,—call it Engor modern meaningful com-munication, --call it Eng-lish if you will; we can best find our way by keep-ing our sense of humour while we are searching for items of interest in our studies.

our studies.
So the rather ambiguous question 'would you like a date?' may suggest a different anwer in future issues. We hope to be serious enough not to be nonsensical, to provide a little solid food for thought and laughter to treat study with the respect of a mature student, and perchance to have a little fun along the way. Finally we may discover that our success in our work together may be hinged on our adjust-ment to a little serious thinking about the world

So much for our aims.

So much for our aims. When Robert Browning wrote 'Ah, but a man's reach should excede his grasp, Or what's a heaven for?' he perhaps was suggesting that we use more than ten percent of our brain cells. As we have a word with you both no doubt do that as we improve communications. Would you like a date?

Would you like a date? See you in the next issue of the Globe.



WOMEN'S FACES

I ride surface transit to the campus every morning. I think it is a delightful way to travel during the morning rush hour in a large metropolitan area. I can read the newspaper, I can look out the window or look around me to see how the other passengers fare. In short I can do just what the Transit Authority advises: i.e. leave the driving to others.

People watching, particularly (of) women early in the morning is pleasant, amusing and genuinely civilties morning is pleasant, amusing and genuinely civilties worning is pleasant, amusing and genuinely civilties worning in the revealing.

I like to watch faces; expressions on faces.

Women, I'm told, "put on" their faces in the morning. That is, they go throught an elaborate ritual of masking themselves to meet the world. Men do the same thing too except of course, they do so in a different way and for a very different purpose from that of women with whom it seems that "masking" is a prop to attract comment. The type of cosmetic camouflage that women indulge in is done not so much to meet the realities of business as it is done to deal with other-directed comment, opinion and views.

Will he (the boss, my secret admirer, or boy-friend) the life of a women as the world he had only one that of a women as who way one for a women as my secret admirer, or boy-friend that in the comment of the secret of question that of a women as when as well as well as well as well as well as well as the sort of question that of a women as well as we

that consciously or unconsciously goes through the mind of a woman as whe stares at herself in the mirror and does her thing.

Not the eeny-meeny-miny-mo bit that we have been led

Not the eeny-meeny-miny-mo bit that we have been led to believe.

Not the eeny-meeny-miny-mo bit that we have been led to believe.

A lot of the masking is directed against other women. It hides wrinkles, lines, bags, the gradual onset of age. In the game of ritual interaction it serves a distinct purpose.

The propose of the server of the server and the server and women alike are such that she gets a "low" rating. If on the other hand she is too lightly masked or not at all the reaction is rather 'bland'. The right amount of paint is necessary to produce the necessary effect.

Little things can tip the scale against a woman from my own observation, and I'm an old hand at this, the wrong size earring; they selection of too bright or the type of face can be unwitable hair-style for the type of face can be unwitable hair-style for the type of face can be unwitable hair-style for the type of face can be unwitable hair-style for the type of face can be unwitable hair-style for the type of face can be unwitable hair-style for the type of face can be unwitable hair-style and yet women will argue they do all this masking for men. True! (But) as I see it they do it because they're conditioned by men; because they have been conned by men to make themselves pretty, desirable and so on. If you think about it carefully you'll notice that in our society this conditioning begins when so that latent rationalisations raddle for that matters of that latent rationalisations raddle for that matters which we recolours. And it might not be a bad idea to see some outlandish colouring on women's faces; yellow, manue, charcoal or perhaps stripes of each.

It would make life more interesting. We'll register to woll awave, charcoal or perhaps stripes of each.

It would make life more interesting. We'll register to woll awave, charcoal or perhaps stripes of each.

People live me who ride transit and who wonder: which we've seen quite a number in the last few years. Remember how we reacted to the min after Mary Quant, the London designer,

morning newspaper any more.

The view from within and without would be rather exciting don't you think?



# PROGRESS vs PEOPLE

## MUST UNION STATION BE CRUSHED

Metro Centre, when they first published their plans first published their plat three years ago, might then have had little dif-ficulty demolishing Union Station to make way for their development. But much has happened in the past three years; thought is now given to peoples' interests; and the peo-ples' voice carries more authority. Owners and dev ples' voice carries more authority. Owners and dev-elopers must pay attention to the public interest. The fate of Union Station will become a matter of public concern and dec-ision ision.

Metro Centre itself is the largest single downtown development ever envisaged for a North American city. It will cost approximately \$1 billion, involve the development of 187 acres of land and would requ-ire 15 years for completion.

Metro Centre is the product of Metro Centre Developments Limited a joint venture of Canad-ian National and Canad-ian Pacific, two vast companies owing their origins to railway op-erations. When Union Stat-ion was completed and brought into full operation in 1927, the railways —

were then supreme.

Metro Centre would
embrace the land from
Front Street to the Gar-

Front Street to the Gar-diner Expressway, from Yonge Street in the east to Bathurst Street in the west. Much land now occu-pied by railway sidings would be included in the development. It would embrace a new trans-portation terminal, a com-mercial-office complex, a communications centre a communications centre and a residential-apart-ment complex of 9300 dwelment complex of 9300 dwelling units. A spectacular 1575 foot transmission tower, nearly twice the height of any existing building in the city would be a prominent feature. Fated for destruction by the developers is Union

Station Construction on Union Station began in 1913. Though World War I inter-rupted the work, exterior columns of Bedford Limesstone were in place by 1917. By 1919 the 88-foot high roof arch was comp-lete and the premises brought into service in

Union Station is one of the few remaining buildings in downtown Toronto that predate the post war building boom. In addition

to mounting popular sup-port for its preservation, a Committee to Save Union Station has been formed in conjunction with the Architectural Conservancy of Ontario and is taking a firm stand to prevent

a firm stand to prevent the building's destruction. \*
In the Committee's brief to the city's planning board they point out no other work of the early twentieth century in Canada can compare with Union Station which will be compared to the compare with colossal expendions as expendions as the compared to the compared

las Richardson, of the Uor fine arts department, des-cribes the building as a sy-mbol of the civic pride of its day. It was well desig-ned to create a sense of public grandeur. And it was well built, fit to stand and its exterior facade and great hall are beautiful s specimans in the great clas-sical tradition. sical tradition.

great hall are beautiful specimens in the great classic specimens in the great classic specimens in the great classic proceeding brought to the planners' attention, that not only should Union Station be preserved but that it can be usefully and practically incorporated in the planners' continues the planners for the new transportation terminal pointing out its shortcomings in terms of convenience and adequacy. And they have the planners for the new transportation terminal pointing out its shortcomings in terms of convenience and adequacy. And they have the planners to rethink their concepts and perhaps have initiated a groundswell that will preserve one of Toronto's great edifices for posterioy. Broom College in George in the downtown area, perhaps not as grand as Union Station, but, if sensibly planned and renovated, can be a source of pride to usperhaps we should lend our works of the property of the property of the planner of the plan

gateway to our city.

Don't miss Prof. Jas.
H. Acland of the Archit-H. Actand of the Archite ectural Conservancy who will talk on the topic and answer your questions at Thursday Noon on the Square at Holy Trinity Church Nov.

TO-SAVE

UNION STATION

If you wish to lend your voice and support to save UNION STATION fill out and mail the coupon below. Financial support is ur-gently needed and receipts for income tax purposes be provided.

THE FIGHT

120

I would like to help save Union Station. Kindly send me more information about what you are doing and how I can help.

Toronto 315

Page 3 to Save Union Station Box 75 Postal Station

mangnovo7..... address......

telephone #.....

my contribution for .....is enclosed.

Please add my name to your petition



# **CSAO** Executive

The recently elected campus representatives of campus representatives of the faculty CSAO branch met last Wednesday and elected the branch executives as follows:

• INSPECTED

• COLD STORAGE

Doug McLaren--President Ed. Sarabura -- 1st Vice Pres.

Harry Mooradian -- 2nd V.P.

Fred Strong--Secretary

George Jason--Treasurer

Bill Wincott--Steward

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The date was Saturday, December 2, 1905; the time 9.59 a.m.; the place, Toronto's old Union Station. Outside, it was a chilly 12 degrees above with moderate winds.

The crowd, mostly children, which had been waiting patiently broke into a cheer when the gentleman in the bright red tunic and trousers trimmed with white fur, black boots and leggings, long white beard and a pack over his back energed from the doorway. It was, unmistakably, Santa Claus. He was making his first official visit to Toronto, sponsored by Canada's fastest-growing department store-The T. Eaton Co. Limited.

The auspicious occasion, hardly noticed by the local press except for an Eaton advertisement

The auspicious occasion, hardly noticed by the local press except for an Eaton advertisement announcing the arrival, marked the beginning of an event which ever since that day has become an annual tradition - EATON'S SANTA CLAUS PARADE!

Thus, every fall, the Ontario capital thrills to the pre-Christmas spectacle that for colour, glamour and excitement rivals a gala film premiere, an opening night at O'Keefe Centre or Grey Cup Day at CNE Stadium.

night at 0 keers centre or dry cup cup as challen.

Here it has become one of the biggest productions of the kind, viewed by thousands lining the city's of the kind, viewed by thousands lining the city's and television.

and television.

The parade, as it was originally launched in 1905, was a "one-man show" - Santa himself. Year by year more floats were introduced and personnel added until it reached today's proportions. A staff of over 100 store employees - carpenters, artists, costumers, drivers, painters and executives - plus hundreds of volunteer marchers and scores of police and other officials now band together to put the parade on the road.

HIGHLIGHTS OF THE PAST

Some or Santa Liaus varies to Toronto down through the era Liaus varies to Toronto down through the era Liaus varies to Toronto down through the law to the early days of the parade.

After arriving by rail on his first historic trip to the Queen City under the Eaton Banner, he transferred to his special automobile and rode through downtown streets distributing souwenirs and surprise packages to the youngsters along the way.

A year later Santa came in a Tally-ho (coach) drawn by four white horses.

His 1913 visit was undoubtedly the closest approach the real wints was undoubted the real triple triple triple was the season of the season.

Santa Claus then switched to more modern means of transportation, and throughout the 20's and early 30's he arrived aboard motorized floats of various kinds. These included a chariot; a huge airplane; a silver fish and the caboose of a train. In 1935 Santa'came to town', in a more conventional style of float - a sleigh and eight whit reindeer leaping over the house-

to town'. In a more conventional style of float a sleigh and eight whit reindeer leaping over the house-tops - and this has been his trademark ever since. Apart from Santa's starring role, the character of the parade itself has changed considerably over the

years. In 1913, for example, children along the route

In 1913, for example, children along the route joined in the march through the city. Periodically, the parade would halt and, accompanied by band music, they would gather round and sing.

Massey Hall at one time was used as Santa's Royal Court. It was moved to Eaton's Main Store Toyland permanently in 1917.

The parade that year boasted seven floats. It assembled at the Eaton warehouse near Lansdowne Ave., and followed much the same route used today, on hand were Cinderella in her Pumpkin Coach, the Old Woman



in the Shoe, Miss Muffet on her Tuffet, Little Boy Blue, Little Bo Peep, Mother Goose and Little Red Riding Hood, each representing a tale of fantasy. The largest float was a huge swan with a band of musicians and clowns and Santa in the midst of it all.

As time went on, although the majority of floats continued to be identified with the best-known nursery rhymes and fairy tales as they are now, pop-ular comic strip characters of the day began to play

ular comic strip characters of the day began to play a part in the parade.

In 1926, for instance, Andy Gump, Min and Chester were features; later Felix the Cat was popular.

This custom of introducing comtemporary children's favourites is still in evidence today.

Although the parade has always had the universally recognized title of: "Eaton's Santa Claus Parade", every parade since 1954 has been given a theme. That year it was "Rhymmes and Fairy Tales from Distance in the second of the

### PLANNING

The parade actually has its beginning in Eaton's Main Store--divisional headquarters of the Company's Merchandise Display and Public Relations Departments who combine forces to plan and carry out virtually every phase of the annual Christmas spectacle.

Preparations get under way with preliminary meetings held as early as January, only a few weeks after the previous year's parade. Initial sketches to the float sear and the parade in the previous of the parade in t

### FLOAT CONSTRUCTION

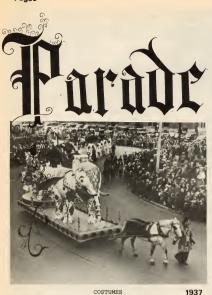
Centre of the ever-expanding production job associated with the Santa Claus Parade is Eaton's 24-acre iated with the Santa Claus Parade is Eaton's 24-acre Service Building adjacent to Highway 400 near Weston, Ontario. Here, the handful of workers, armed with paint brushes, scissors, hammers and a set of sketches undertake their gigantic task of float construction and, on occasion, apply the final touches only a few weeks before the mid-November event takes place. The floats re made of plywood, wallboard and papier mache, shaped and mounted on a framework of metal and wood. Hundreds of gallons of paint and thousands of yards of coloured metallic paper are used in the process.

Animation is the keynote of every Santa Claus Parade. These run the gamut of revolving turntables, leap-

Animation is the keynote of every Santa Claus Parade. These run the gamu of revolving turntables, leaping and prancing animals and rotating heads. Simple in design, they are manipulated by students riding inside the floats. The parade workshop also fashions the carnival-type heads worn by the marchers.

Strangely enough, the construction crews work without blueprints. Experience, imagination and a little ingenuity are sufficient to create and assemble the floats from start to finish. Although the majority of the floats are completed in a few weeks, the more called the control of the floats are allowed plenty of latitude in their length, maximum height is usually about 13 feet owing to overhead wires along the route. Average weight of the main floats is about 1½ tons.

PHOTOS COURTESY OF EATONS



Like the floats-main attractions of the parader(with the exception of course of Santa Claus himself)
costumes too play a big part and take months to design
and fabricate. Similarly, the costumes are created
from sketches or suggested by illustrations in children's story books. They are then cut to standard
sizes and the wearers selected according to weight and
measurement to fit the finished product.

Each and every outfit is designed to be bright,
colourful and pleasing in appearance to the tiniest
tot watching the parade. Waddrobe attendants take
and they are stored in air-controlled rooms between
parades. Santa Claus' own suit usually lasts two years.
He is so active during the parade that wear and tear
is excessive. Each parader wears white gloves, inclucing the hand-shaking clowns.

The Eaton parade, unlike other Christmas Spectacles particularly in the United States, is composed almost entirely of non-professional talent. The hundreds of marchers and float personnel are volunteers, most of them recruited from among Metro Toronto's 100 secondary schools.

Annually more students than can be accompated

Gary Schools more students than can be accomodated from their services. In addition, a number of teachers from these schools act as parade marshals.

Dressing room facilities for the vast group are made available by churches and schools in the assembly area, located for the last decade or so in the vicinity of Dupont Street and Davenport Road. The students change into costume around 7 a.m., depositing their outer garments with Eaton checkers maxxime who the boys and girls turn in their disguises and revert to street wear. The marchers disband in an Eaton Building in downtown forconto.

In downtown forconto.

The marchers disband in an Eaton Building in days to the decision of the marshalling area, lined-up and ready to move off by 8:30 a.m. Each of the ten or so main sections usually comprises a major float, several smaller floats, a band and 60 or so costumed students. Bands are drawn from a number of armed forces units as well as local high schools.

Aiding the marshals, and contributing to the smooth running operation synonymous with every parade are the officers and men of the Metropolitan Toronto

are the officers and men of the Metropolican Toronto Police Department.
After agreement with Eaton's on the parade route, steps are taken by the police to ensure that all thoroughfares are kept clear of traffic and other obstructions throughout the parade. Police excorts are arranged for the floats moving from the Service Building to the marshalling area, and also for the cars of Eaton Parade officials.

A special motorcycle detail surreptitiously whisks Sarac Claus from his dressing room to his waiting float. And following the parade, most of the floats, again with the assistance of the police, are returned to Caton's warehouse.

again while the assistance the base of the Santa Santa

1971

Andrew Alexander
It was Saturday morning, the 13th of November, 1971. Although the morning was cold enough to dampen one's spirit, a great crowd of people thronged the streets of Metro Toronto. Every sidewalk was filled to capacity with men, women and children eagerly awaiting that spectacular moment.

It was the morning of the Santa Claus Parade, a glamorous spectacle.

It was the morning of the Santa Claus Parade, a glamorous spectacle.
The expectancy of all who were present was fulfilled when the parade so were the same of the streets with the streets and the same of the sam who to the delight of everyone walked upside down, performed a few a robatic feats and shook hands with some of the kids

kids.

After the kids came
Snoopy, Linus' pet dog
was himself as usual.
In attendance as well
was the Burlington Corps

who gave not only a splen-did display of military discipline but musical aptitude as well. Follaptitude as well. Foll-owing the corps was an-other interesting band whose musical instruments whose musical instruments The suit of highest The suit of highest those band members is something one remembers long after they have pas-sed. Then came Santa's workshop with elves snow-ing off their skill as well towah.

Finally came Santa Claus led by his own band whose harmonies were thos of the melodious songs of Christmas which brings

Of the Meloducis Songs of Christmas Which brings of peace, joy, and good will in one's own heart at this season. Although it is said that the parade is for kids, I believe it is NOT for kids alone but for grownups as well us, no seriously all us, no seriously all us, no are first of all students of modern meaningful com-munication,—call it Eng-lish if you will; we can best find our way by keep-ing our sense of humour while we are searching

ing our sense of humour while we are searching for items of interest in sou studies. So the rather ambiguous question 'would you like a date?' may suggest like a date?' may suggest future issues wer in the serious enough not to be serious enough not to be nonsensical, to provide a little solid food for thought and laughter, to a little solid food for thought and laughter, to treat study with the re-spect of a mature student, and perchance to have a little fun along the way. Finally we may discover that our success in our work together may have hinged on our adjustment to a little serious thing-king about the world of king about the world of 1972.

1972.
So much for our aims.
When Robert Browning wrote
'Ah, but a man's
reach should excede
his grasp, Or what's
a heaven for?'
he perhaps was suggesting
that e use more than ton
percent of our brain cells.

As we have a word with you in the weeks ahead we will both no doubt do that as we improve communications.

Would you like a date? See you in the next issue of the Globe.





1971



1971



# HIGH PARK

Grab yourself a bench...

Grab yourself a bench...

Toronto's High Park is a most wonderful amenity—
the best that Toronto possesses. I use the adjective
in its superlative sense not to exagerate but to be
precise. I am award that the term "wonderful" and
in the superlative sense not to exagerate but to be
precise. I am award that the term "wonderful" and
inclined to couple it with excess, and treat its meaning lightly, without due regard for what it intends to
convey. But I have seldom been more serious in making
a claim to stating signulm. For the Park is indeed
the city's amenity\_pag excellence, and one of the most
beneficial of public.assets.
Unfortunately, it is any place in the world with
is built in the control of the superlation of the most
beneficial of public.assets.
Unfortunately, it is any place in the world with
is builting but of this kind that is utilized by its
citizens with such a lack of imagination and so parsimonious an appreciation. For years, I am told, everything substantial has been done to improve it, not of
course to render artificial its sylvan appearance and
appeal, but to heighten its rural beauty and exploit
the usefulness that its green and golden bosons are
all all absent the service of the course to render artificial its sylvan appearance and
appeal, but to heighten its rural beauty and exploit
the usefulness that its green and solden.

There are big cities with great parks, cities known
to millions in and out of them and parks that bring
the luxury of civilised nature to all within reach.
But show me a city as big as this with a part broad
of the rartites of inhabited places. Most of us seem
unaware of the prize that we have. We ignore it so
much and use it so little. We go to it on "special"
and on "sporting" occasions "like for the purpose of
recreation with a woman" when we use it as an openair bedroom, but seldom for itself, in order to see
and savour its beauty and commune at the shrine of it.

When we remember that Toronto is a city with a
population of almost two and one-half millions. we

air bedroom, but seldom for itself, in order to see and savour its beauty and commune at the shrine of its loveliness. When we remember that Toronto is a city with a population of almost two and one-half millions, we expect to see at least hundreds of people using the concrete walk morning and evening, but actually we can sometimes count those who frequent it out the fingers of our hands. It is the seed with the seed we see a "sport-loving" but inct a walking-loving people. Is it because we are so indicate that we so much admire walking in others? Is it because we are so of physical fitness in theory but not in practice? Or, is it that we are so enslaved by the armchair habit of the motor-car that we are losing the inclination and urge to move about on the feet and legs with which nature has supplied us? I wonder!

It is such a joy and change to get away on sunderenched days from the gardsh monotony of down-town with its architectural banalities and conveyes on the greenness of the park. It is so invigorating to fill our meek lungs with the air that is perpet



54 DUNDAS ST E.

Love: THISISTHENEWS FROMTHEOTHERC AMPUSES, LOTSH APPENINGHUH! waune steadman



GREAT NOSH! Lunches, Snacks **Dinners & Darts** A good selection of Draught Grog at a fair price

Nightly 9-1 333½ Yonge St. 366-4306 AND A BIT OF OLD IRELAND Bill Murray's **GYPSY ROVERS** 





ually generating as a free offering to those who have the wit to breathe it. How pleasurable to visit the park just to stand and stare or to saunter without any sense of conscious direction or without the weight of this engagement or the pressure of that

Is there anywhere else a park virtually in the centre of a city with so excellent a zoo? What a delight to gaze at the exquisite animals.

commitment!

Is there anywhere elbe a park virtually in the centre of a city with so excellent a zoo? What a delight to gaze at the exquisite animals! It can be so agreeable and physically vivifying to exhange the ugliness and noise of a syrawling city for the silence and seclusion that are the park's special attributes. But we are too busy, aren't we? We have not time to be idle or to forget ourselves amdist the whispering breezes of an enchanting spot. We are unacqualited with the content of th

shoul allow us not to be elbowed out by any midget. The present benches at the far end of the lake could be put a little further out and made to face both ways. Now when you sit on a bench you sit with your back to the lake but you face to the unceasing flow of traffic. What a grand and healing spectacle——a motor parade! The one place that you should face, you are forced to turn your back on! For the life of me I am unable to appreciate so strange an arrange ment.

ment.
The truth is that every public effort should be made to make as many as possible park-conscious by drawing them to the park's influence for renewal.
For it is the capacious lung of our city and our enjoyment of it should be cultivated with relish. It can minister to our being's health and joy. To use it is to be wise; to neglect it is to be prodigal; to ignore it is to be benighted.

Golban Dubarry



Students are requested to join the Basketball team, Volleyball team and the Ping-Pong team. These teams will join in competition with teams from

other colleges and universities.

Anyone interested is asked to please give your name and class to Room 351 or to our sports director

PHOTO BY BUFFY

# B.S.U.

Black students on this campus. Our activities have consisted of lectures, films, discussions, music and book displays. We have plans for poetry readings, history lessons and any other activities that help to develop among Black students a greater knowledge of ourselves and our relationship to this

knowledge of ourselves and our relationship to this society.
Under the guidance of Lynden McKinight, our outgoing the control of the control

the interest of all Black students at this school.

Starting Monday Nov. 22nd, the Black student Union office, Rm 494 will be open. All black students are invited to drop in and express themselves.

COMPUTER TALK

\*\*\* Congratulations to the Senate for its report on poverty. Perhaps our children and our grand-children will benefit from the results of a guaranteed

\*\*\*What kind of police chief would say that it soon will be necessary for citizens to carry firearms to protect them-selves.

...for the next week or so a fall colour show is being presented at High Park, by that grand old dame "Mother Nature". G Park, by that grand old dame "Mother Nature". Grab yourself a bench and enjoy yourself abench and enjoy yourself abench and enjoy it all. For the more ambitious, take a hike along one of the many nature trails, provided for your use, throughout the park. The children will enjoy the freedom of just being children. They can run and jump; hoot and hollersit the zoo with its many animals; chase the squirrels make use of the playground with the many swings, slides and other para-henalia; and parents, if Grah phenalia; and parents, if you're still on your feet (I collapsed back at the nature trail) take the kids to the snack bar f an informal lunch or if you prefer to dine in a more formal atmosphere the diningroom begins more formal atmosphere the diningroom begins serving at noon...while serving at noon...while not visit Colborne Lodge. It is located on Howard Road. within the park boundaries and was the home of John Howard, 19th century city engineer. John Howard donated High Park to Toronto in 1856. A gaily painted snake, carved transe to the lodge, and costumed guides conduct tours Mon. thru Sat. from 9:10 a.m. to 5 p.m. Sun. and holidays from noon to 5 p.m. A gallery in the lodge houses a collection of Howard's paintings. Admission Adults 50¢ Kds. Admission Adults 50¢ Kds a quarter...

a quarter. ...so you have always wanted to dabble always wanted to dabble in the stock market? Well with all the mad money you have left out of your pay, what better place to begin than at the Toronto Stock Exchange. A tour conducted once daily 1:30 available to the public free of charge. The tour includes an explanation of trading with a visit of trading with a visit to the gallery to watch all the stock activity on the floor and whoknows

MUSIC

perhaps, oneday you may become a second Morton

Shulman. ...interested in botony? a very pleasant way to spend a few hours away from the pressures of school and home is at the Allan Gardens flower display. Tropical and semi-tropical plants, in and a tremendous exhibition of flowers makes for a nice chance of and a tremendous exhibition of flowers makes for a nice change of pace at this time of year. The Gardens is located makes for a definition of flowers makes for a nice change of year. The Gardens is located wisit a haunted house. Toronto's most famous is the Mackenzie House, former home of our town's first mayor, William Lyon Mackenzie. Tea is served every day to visitors if the ghost is the assembly of the year of years and the year of the year of years and holidays, noon to 5 p.m. Admission, adults 50¢, children 50¢ at 82 bond \$50¢, children 50¢ at 82 bond \$50¢, children 50¢ at 82 bond \$50¢.

.another popular spot ...another popular spot to take the children on a Sun. afternoon is the Riverdale Zoo. Winchester St. at Sumach. Buildings are open from 10:30 a.m. to 4:30 p.m. No admission —-from addlers to zebras this zoo has them all...

this zoo has them all...
located in Exhibition Park
north of the CNE stadium,
is the Hockey Hall of Fame
National Hockey league
trophies such as the Stanley Cup are on display a
along with sweaters, sticks
and pucks used by famous
players, past and present.
Open every day 2-4 p.m.
No admission charge. This
is a must for the budding
hockey player...also at is a must for the budding hockey player...also at the CNE grounds is the Marine Museum. The mus-eum contains artifacts tracing the history of water travel on the rivers and lakes of central Can-ada. Very enlightening for the younger student. Mon. \*...both av. thru Sat. 9:30 to 5:00 p.m. 362-3971 e: Sun. and holidays, noon to 5 p.m. Admission, adults Hugh Morrow 50¢ children 25¢. co-ordin

RECREATION CLUBS

c. debnam uno will start Fri. Nov. 26th at 4 p.m. Kensington Gym (21 Nassau Street) CURLING: INSTRUCTIONand

CURLING: instruction and games with the possibility of forming a team to rep-resent our college. If you are interested in learning how to curl call Carolyn Debnam at 360-1339 or drop in either to room 351 Teraulay Campus or the Kensington Gym.

The Globe

ARCHERY: Thursday 7-9 p.m. at Kensington Gym (21 Nassau Street).

SKI CLUB: get in shape now before the snow flies!! For further information call 360-1339 or 362-3971 Ex.

BRIDGE: let's start a bridge club: A chance to social-ize and improve your play. Call 360-1339 or 362-3971 ext. 173.

Did you know? We now have a large Athletic Depart-ment: We are interested in YOU...we want to meet your needs and are here to organize and make avail-able leisure and recreation that will help you enjoy! life on campus a lot more. Call us!!

Vince Drake (Director) \* Alex Barbier -- hockey, \*

basketball coach intramural co-ordin-ator (Kensington Gym)

\*...both available at 362-3971 ext. 173

co-ordinator of program-mes at Keele, College and Bloor Campus'es

call him on 923-6242

Carolyn Debnam -women's athletics -co-ordinator of Ter--co-ordinator of Ter-aulay program -co-ordinator of rec-reation clubs.

(Room 351, Teraulay 360-1339)

# AT ST. JAMES'

The vast hull of St. James Cathedral vibrated last Monday night with the audience's responce for the renown Prayue Sting Quartet.
All members of the Prague Quartet belong to the direct heirs of the Czech chamber music tradition. Sretislav Novotny, first violinist, studied at the Prague Conservatory and held the position of first Prague Conservatory and held the position of first professor Ladislav Scond violinist Rad between the two world wars. Second violinist Rad between the two world wars. Second violinist Rad between Violist Lubonir Maly and cellist Jan Sirc were both soloists and principals of the Prague Radio Symphony Orchestra.

soloists and principals of the Prague Radio Symphony Orchestra.

In 1956 the Prague Quartet began their public performances, and since then have attained an established reputation of several continents.

Czechoslovakia boasts of a number of major string quartets, but the Prague Quartet ranks highest on the scale, owing to the technical virtuosity of its members combined with their exceptional intellectual knowledge of the field.

For almost two decades they have appeared constantly in concert in the most famous music centers in Europe and abroad. During the 1965-66 season their tour borning a 1907-61 the globe.

Tour to South America, Jasson they made another tour to South America, Jasson the North American continent, and in 1968-69 toured all over proper. It was their first concert tour in which violist May and cellist Sirc joined the Quartet.

Since that time the Quartet has continued its busy schedule of performances from one continent to another.

busy schedule of personance.

The CBC presents these concerts throughout the fall and winter season. The next concert will be held on Munday, November 22 at 8 p.m. Anyone interested in abtaining tickets for future performances should call CBC Radio at 925-3311.

soccer



GEORGE BROWN SUFFERS
DEFEAT. George Brown was
defeated 2-1 by Fanshawe
in the semi-final championships held in London
last Thursday. It was a
hard fought game but
costly penalties leading
to the ejection of two
George Brown players
George Brown players
a good George Brown team.

### EXCITING BOXING SHOW!

Plans are being made to finalize a boxing card to be held in the Kensington Campus Gym on December 8th 8700 p.m.-hourhood children will take part along with members of the George Brown Boxing Club. The boxing card will consist of matches between the neighborhood children and members of the George Brown Boxing Club and Centennial College's Boxing Club. Canadian Welter-Weight Champion CLYDE GRAY will referee all the matches. THIS IS A MUSTI: for ALL George Brown Students to George Brown Students to

### ATTENTION

COLLEGE, BLOOR, KEELE STUDENTS

Are you aware that Hugh Morrow is around and get-ting recreation programs

COLLEGE: you now have ping-pong on the second floor, you will be getting a mini soccer game and if you look at signs you'll notice there is chess, ping-pong and broomball tournaments upcoming see Hugh in the SAC office or call 921-6242.

KEELE: Chess and ping-pong and broomball will be starting as soon as facilities permit see Hugh in the sac or call 923-6242 office

BLOOR: You're next!! Hugh is hard at work try-ing to get leisure act-ivities for you.

# NIGHT STUDENTS NEGLECT ABATED

Dear Teraulay Students:

I really have not forgotten you nor have you been subordinated in my mind. Since I normally work days it seems reason-able that a daytime recreation program would be my first focus of attent-ion. AT LAST you will have leisure activities and recreation programs to help you feel more a part of this campus.

I look forward to see-

I look forward to see-ing you Wednesdays, 5:50 to 7:50 p.m. up in the Students Lounge (Room 351) and we will start slowly with programs such as: chess, checkers, bridge, German lessons, practice typing etc...Bring your suggestions to me and let's rap!:

Sincerely.

Carolyn Debnam (Room 351, 360-1339)



Join the Teraulay Wednesday Bowling Club. Bowl both 5 and 10 pin-THREE games for \$1.00! If intermeet at Olympia Bowl (Edward Street west of Yonge) at 11:15 a.m. every Wednesday





At the Regency Towers THIS MON. NOV. 22 FREE PIZZA & FREE PARKING

BEER: 25¢ PER DRAUGHT

DANCING TO "THE FAT CHANCE" 



# Free Films

AT TERAULAY Wednesday, Nov. 24th

11:30 a.m.

to 12:30 p.m.

in the Student Lounge

(Room 351)

\* another interesting part of Wednesday Leisure Break...ask about the other programs free.... for you!!!

see Carolyn Debnam Room 351, Teraulay HEALTH SERVICE FILMS

TIME: WED. Nov. 24 11:30 A.M.

7:40 p.m. PLACE: STUDENT LOUNGE ROOM 351

SUBJECT: SAFETY

c . debnam

HOCKEY ON THE ROOF

The Athletic Depart-t has announced plans, now underway by the ad-ministration, to install an outdoor hockey rink on the roof of I Dartnell Av. Casa Loma Campus. This artificial rink will be used by the Athletic Department for the following:

Recreational skating by students and staff; Intr-amural ice hockey teams; Intramural Broomball teams-male and female; it

teams-male and remale; it will also be used by the Varsity Hockey Team for practice sessions. The area which is to be used for the ice-rink will, by September 1971 be orplaced by an air used for the ice-timk will, by September 1971 be enclosed by an air suspended structure (bubble). This structure will then this structure will then badminton courts; 2 volleyball courts; 2 basketball courts; 2 basketball courts; 2 the the first air suspended structure in North America to be used in this capacity. The Administration should be commended for all that they have done to make our proposal into a reality.

a reality.







FRIDAY, NOVÉMBER 19TH AT GEORGE BELL ARENA SEE GEORGE BROWN LOCK

HORNS WITH GEORGIAN COLL-

# BASKETBALL MEN

GEORGE BROWN defeats DURHAM!

George Brown College Huskies defeated Durham College in an overtime
Basketball game played
before 50 roaring, excited students. The
Huskies coached by Alex
Barbier consisted of 12 Barbier consisted of 12 freshmen players. This represents the largest squad in the history of Basketball at George Brown. The freshman team, which is operating on exhibition games only for the first year with the idea of entering league competition after one year of experience. The team showed lots of drive and heads up play in thei team showed lots of drive and heads up play in their encounter with Durham. The score after regular play was 48-48. With I second remaining George Brown was down by I point. On the line for the Huskiestaking 2 penalty throws was the first shot tied score at which time Coach Barbier called time to arrange strategy should the foul shot be missed,

then play resumed made his second free throw putting the Huskies I point ahead; Durham had possession and frantically tried to get the ball into scoring range but time ran out.

HUSKIES DEFEAT BEBLE COLLEGE'

George Brown Huskies George Brown Huskles increased their winning streak to TWO by defeating Ontario Bible College at the YMHA Gym. It was a closely fought contest which saw the Huskies leading by 2 points due to the accurate shooting of Deter Buttun

to the accurate shooting of Peter Butryn.

Butryn led the Kuskies in the scoring at the half with 12 points. The second half started with the Bible College taking a commanding lead but due to heads up and the shooting of Paul Knibb the Huskies pulled ahead with

2 minutes to go and did not relinquish this lead. not relinquish this lead.
Coach Barbier's squad
has shown improvement with
very outing and since it
is a young team and will
have all of the players
returning next year,
George Grown College can
look forward to having a
strong representative in
the O.C.A.A. Basketball
Leaque. League.

The Huskies will have rematch with the Bible College on Wednesday, November 17 at the Kens-ington Campus Gym, Nassau Street



Don't wait for spring bon't wait for spring to start getting in bet-ter physical condition!! (Have you read Vince Drakes article on Heart Attack)?. Basketball for all

girls will start January 6th (6 p.m.) at the Ken-sington Gym. Ask for Carolyn Debnam or phone 360-1339.

VARSITY

WOMEN:

VOLLEYBALL

The girls volleyball the girls volleyball team have one more tourn ament to play to round off a very good season. They will be matched against Centennial, Seneca, and Sheridan Colleges this Saturday (Nov. 20th): 10:00 a.m. at King Edward school (north of College on Bathurst). Come and support your team:

WHAT IS A HEART ATTACK?

Heart attack is death Heart attack is death of an area of heart muscle, usually due to coronary thrombosis or occlusion-that is, a sudden blocking of one of the coronary arteries that supplies the heart muscle

with oxygenated blood.
Although the heart
attack itself is sudden,
it is the result of a slowly developing dis-ease process (atherosclerosis or arterios-clerosis or "hardening")

clerosis or "hardening") of the coronary arteries.

In atherosclerosis
the inner lining of the arteries becomes roughened and narrowed by fatty deposits that scar and harden into space-taking patches along the inner lining of the artery.
This process is comparable to the formation of able to the formation of lime deposits in water pipes.

When the small coro-nary artery channel is narrowed significantly a blood clot may suddenly form (coronary thrombo-sis), causing heart att-ack (acute mycardial form (coronary thrombo-sis), causing heart att-ack (acute myocardial infarction). The more common symptoms of heart attack are: Persistent pressure

Persistent pressure in the midchest often radiating to the neck or either shoulder or arm (more frequently the left) and frequently associated with nausea or vomiting; sweating; sudden intense shortness of breath; and loss of consciousness, (occasionally). Fortunately, the cor-

(occasionally).
Fortunately, the coronary artery system has
a life-saving method of
growth and repair. When
some of the coronary
arteries become narrowed
by gradual development
of atherosclerosis so of atherosclerosis so that they cannot carry enough blood to the heart muscle, bearby coronary arteries get wider and even open up tiny new branches to deliver blood to the area of muscle that needs it. This is called collateral circulation. This explains why many of us who have narrowed us who have narrowed us who have narrowed arteries are not tro-ubled with angina pec-toris or heart attacks. Even after a heart att-ack has occurred, the development of collat-eral circulation may help the heart to ment itself.

After a heart attack

eir. After a heart attack

# BIG LOOK

# **CHRISTMAS**

## DANCE

ALL STUDENTS ARE INVITED TO THE LAST "BASH" BEFORE WE ALL LEAVE FOR CHRISTMAS. THERE WILL BE A GREAT ROCK GROUP, DRINKS, DOOR PRIZES AND AN EXCITING EVENING FOR EVERYONE.

DATE: DECEMBER 15

TIME: 8:30 P.M.

TICKETS: AVAILABLE AT: KENSINGTON GYM \*SAC OFFICES AT BLOOR, KEELE, COLLEGE ROOM 351 TERAULAY

COST: \$1.00 PER COUPLE!!

HOW CAN YOU LOSE ??? SEE YOU THERE :::

.. THE ATHLETIC DEPT.

FIRST AID

the affected area of dead muscle tissue must heal to form strong scar tissue. Even though the patient may feel well after the first week, the complete healing pro-cess may take several the complete healing pro-cess may take several months depending upon the extent of heart injury, the individual's rate of

healing and whether or not complications develop. Although medicines are Although medicines are helpful, the patient's co-operation and understanding play a major part in his chances for complete recovery. Most patients will be able to return to their usual job after recovery from a heart attack. Some may have to decrease their hours or degree of exertion, of course. Management of heart attack cases is an individual matter and must be planmatter and must be p matter and must be plan-ned for each patient by his doctor. In many cases the patient is advised to keep his weight down, e four small meals daily rather than three heavy meals (digesting a heavy meal makes heavy deman on the heart), get ple-nty of rest and take moderate exercise, avoid over-exertion and over-excitement, and discontinue cigarette smoking.

### FIRST AID

In case of a heart attack the following steps should be taken: I. Call your doctor at

once.
2. Help the patient take the position most comfortable for him-usually halfway between sitting and lying. Lying flat makes breathing uncomfortable.
3. Loosen tight clothing.

 Do not give the patient anything to drink without the doctor's advice.

5. See the patient does not become chilled, but do not induce sweating with too many blankets. Mention should be made here of Angina Pectoris. It is a brief, uncomfort-able sensation of pres-sure or tightness in the centre of the chest. It

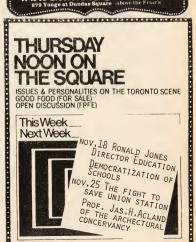
is a sign that the heart is not getting enough oxygen through its blood supply, and may occur in people who have previous-ly had a heart attack, as well as a warning symptom well as a warning symptom of coronary atherosclerosis. Effort, excitement, or digesting a heavy meal make extra demands on the heart muscle. That is why when the coronary arteries are narrowed, extra effort may bring on anginal symp-toms. However, often chest pain may be due to many

toms. However, often chest pain may be due to many other causes, making it advisable for the patient to contact his personal physician in order to determine it's etiology. The comfortable and lead productive lives even though they must cope with angina pectoris. Regulating habits of life is important, and physician and patient must work out a program together. Over-exertion overrying, smoking, intense cold, and overweight are all to be avoided.

If you suffer with any pains in any area of the chest do not be afraid to consult your doctor. If you for the lead to the to be safe than to clear to be safe and then be sorry.

Vincent Drake Athletic Director





Time - 12.10 - 1 p.m. Place - Holy Trinity Church West of Yonge St., two Blocks South of Dundas